



Vegan Chai Tiramisu

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



313 kcal

Ingredients

- ☐ 1.5 tsp agar agar
- ☐ 0.5 cup agave nectar sweet
- ☐ 0.8 cup agave nectar sweet
- ☐ 1 tbsp double-acting baking powder
- ☐ 2 tbsp canola oil
- ☐ 2 cups strongly masala chai black brewed
- ☐ 1.5 tbsp cocoa powder
- ☐ 2 servings energ egg replacer prepared
- ☐ 0.3 tsp ground fennel seeds

- ☐ 0.5 tsp ground cardamom
- ☐ 0.5 tsp ground cinnamon
- ☐ 0.3 tsp ground cloves
- ☐ 0.3 tsp salt
- ☐ 8 oz silken tofu firm
- ☐ 1.5 cups soy cream cheese
- ☐ 0.3 cup non-dairy creamer like mimiccreme
- ☐ 0.5 cup ground turbinado sugar finely
- ☐ 2 cups pastry flour whole wheat

Equipment

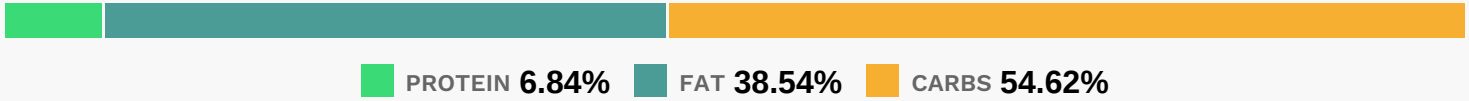
- ☐ food processor
- ☐ oven
- ☐ baking pan
- ☐ cake form
- ☐ pastry bag

Directions

- ☐ Whip all of the sweet cream ingredients together in a food processor until they are thoroughly combined. Simmer this on a medium heat for 5 minutes. Chill it for at least an hour.
- ☐ Combine the dry ingredients together. Prepare the EnerG Egg Replacer in the ladyfinger section.
- ☐ Mix this with all the wet ingredients. Fold the wet ingredients into the dry mix. Load a pastry bag with the batter. Pipe the batter into 3" long, 1" wide cookies, leaving about a 1" space between each cookie.
- ☐ Bake these on 350 degrees for 18 minutes. Option: Do not pipe the batter, but fill a rectangular cake pan with the batter about 1" high and bake the cake for 25 minutes. Brew the chai tea.
- ☐ Mix the spices together and set them aside. Dunk each ladyfinger in the chai tea for about 3 seconds. Line the bottom of a baking dish with the lady fingers. Lightly brush them with a little chai.

- ☐
- Spread about ½” of the sweet cream on top of the lady fingers. Repeat this process, making another layer of lady fingers and sweet cream.
- ☐
- Sprinkle the spice mix over the top layer of sweet cream. Chill the tiramisu for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:3.3, Inflammation Score:-5, Nutrition Score:9.6047826538915%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 3.17mg, Epigallocatechin: 3.17mg, Epigallocatechin: 3.17mg, Epigallocatechin: 3.17mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 2.3mg, Epicatechin 3-gallate: 2.3mg, Epicatechin 3-gallate: 2.3mg, Epicatechin 3-gallate: 2.3mg Epigallocatechin 3-gallate: 3.68mg, Epigallocatechin 3-gallate: 3.68mg, Epigallocatechin 3-gallate: 3.68mg, Epigallocatechin 3-gallate: 3.68mg Theaflavin: 0.62mg, Theaflavin: 0.62mg, Theaflavin: 0.62mg Thearubigins: 31.98mg, Thearubigins: 31.98mg, Thearubigins: 31.98mg, Thearubigins: 31.98mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Theaflavin-3,3'-digallate: 0.69mg, Theaflavin-3,3'-digallate: 0.69mg, Theaflavin-3,3'-digallate: 0.69mg, Theaflavin-3,3'-digallate: 0.69mg Theaflavin-3'-gallate: 0.59mg, Theaflavin-3'-gallate: 0.59mg, Theaflavin-3'-gallate: 0.59mg, Theaflavin-3'-gallate: 0.59mg Gallocatechin: 0.49mg, Gallocatechin: 0.49mg, Gallocatechin: 0.49mg, Gallocatechin: 0.49mg

Nutrients (% of daily need)

Calories: 313.34kcal (15.67%), Fat: 13.82g (21.26%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 41.49g (15.09%), Sugar: 25.83g (28.7%), Cholesterol: 28.66mg (9.55%), Sodium: 251.13mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.42mg (3.14%), Protein: 5.52g (11.04%), Manganese: 1.16mg (58.16%), Selenium: 15.35µg (21.93%), Phosphorus: 144.72mg (14.47%), Calcium: 107.94mg (10.79%), Magnesium: 41.28mg (10.32%), Vitamin B1: 0.15mg (10.3%), Fiber: 2.57g (10.28%), Vitamin B2: 0.15mg (8.89%), Copper: 0.16mg (8%), Vitamin B6: 0.15mg (7.72%), Vitamin A: 384.07IU (7.68%), Vitamin K: 8.04µg (7.65%), Vitamin E: 1.07mg (7.11%), Iron: 1.21mg (6.71%), Vitamin B3: 1.25mg (6.26%), Zinc: 0.83mg (5.54%), Potassium: 184.67mg (5.28%), Folate: 20.5µg (5.13%), Vitamin C: 3.93mg (4.76%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.06µg (1.04%)